



The Southwester

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Serving the Southwest and Capitol Riverfront Communities

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Safeway Opens Doors with Community Giving

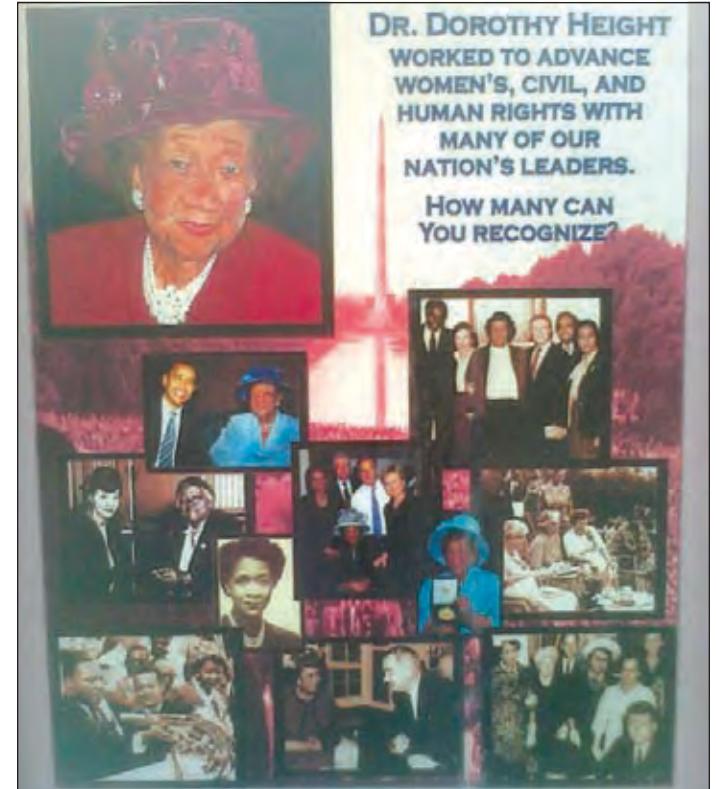
Photo by Perry Klein

With much fanfare, Safeway greeted the neighborhood from its new location with public preview parties before its grand opening on April 16. During the transition period, the grocery chain cemented its participation in the community by donating leftover items from the old store to local churches and schools and by setting up regular donations of day-old bread to local food-distribution centers. In the photo above, Craig Muckle, Safeway's manager of public affairs, presents a donation check for Amidon-Bowen Elementary School to Principal Almeta Hawkins and a student representative during the opening ceremony.



In Memoriam Dr. Dorothy Irene Height

Dr. Dorothy Irene Height, Presidential Medal of Freedom and Congressional Gold Medal honoree, called Southwest her home, and we proudly called her our neighbor. Dr. Height passed away at 98 years old while this issue of *The Southwester* was being prepared. Next month, we will publish *in memoriam* to this pillar of our nation. At right is a Southwest call box dedicated to Dr. Height.



River Park Friends Announce Community Grants

By Thelma D. Jones

River Park Friends (RPF) announced its 2010-2011 community grants and the receipt of a \$5,000 matching pledge by an anonymous donor during the organization's eleventh annual meeting. RPF raised over \$11,200 through its fundraising campaign and matching funds. The anonymous grant came for the second consecutive year and continues to be a motivating factor behind the success and continuation of RPF.

Grants totaling about \$9,000 were awarded for educational and community development.

The grantees present at the meeting expressed gratitude for RPF's support and shared their accomplishments.

Educational grants totaled about \$8,100. Grants included \$900 to the Emmaus Learning Center for a children's program on Saturdays during the summer; \$1,500 to the Southwest Comm-Unity Forum to supplement other funding for a weekend retreat for 16 youths in Deep Creek, Md.; and \$1,600 to Arena Stage to provide a scholarship for a Southwester to attend Camp Arena Stage multi-arts, summer day camp.

The Southwest Neighborhood Assembly, Inc. (SWNA) received \$1,500 for their Southwest Scholarship Task Force for a scholarship awarded to Mercedes Allen, a freshman at West Liberty University in Wheeling, W.Va.; \$1,000 to their Youth Activities Task Force to support educational and cultural activities for Southwest youth; and \$150 to cover the cost of school uniforms for needy Southwest students. The Pearl Coalition received \$1,500 to cover expenses related to the development and printing of information to help raise awareness of the schooner on which more than 70 African-American slaves attempted an escape from the Southwest Waterfront in 1849.

The pledge and overall accomplishments mirrored the vision of RPF's founders to make a small difference in a big way. RPF president Cor-

alie Farlee welcomed attendees to the meeting, held in the South Common Room of the River Park Mutual Homes, and provided a brief background on the status of the organization. Farlee assured donors that their contributions were being well-used and indicated that RPF's annual administrative costs had decreased in the past year. Farlee said RPF's administrative costs were generally around 10 percent of its expenditures. In 2009, Farlee said, that number stood at only 4 percent. She also noted the growth of RPF from four founding members in 1998 to 26 donors in 1999, and now to almost 50 contributing individuals in 2009. She stressed the importance of maintaining the organization's base of 40 regular donors while simultaneously building on them to ensure the RPF's success and longevity.

RPF Secretary Joyce Bouvier and Treasurer C.W. Hargrave also presented information on the organization's accomplishments and annual report. Highlights of the meeting included five presentations by the 2009 grantees and the approval of a proposal to honor Margaret Feldman presented by board member and founder Keith Medler. The audience put forth various suggestions. A more definite plan of recognition will be announced later. Feldman, who passed away Nov. 7, 2009, was a longtime RPF Board Member and former Southwest Neighborhood Assembly president.

RPF awarded \$925 in Community Develop-

ment grants to the SWNA History Task Force — \$300 to cover the printing costs of the Cherry Blossom call box maps and guides, and \$625 to *The Southwester*, SWNA's official voice of the community, and the SouthWest Comm-Unity Forum to help support children activities for the Third Annual Southwest Community Unity Day at the King-Greenleaf Recreation Center, where more than 1,000 guests are expected to attend.

President Farlee welcomed new board members and praised the efforts of outgoing members Thelma Jones and Pat Dever. In addition to new board members Ezra Naughton and Sheila Wood, the 2010-2011 board includes President Farlee, Secretary Bouvier, Treasurer Hargrave, Preston Amos, Donald Flanders, Emerson Melaven, and Keith Medler. Other business discussed at the meeting included the future direction of RPF including their commitment to the SWNA Scholarship Program and overall community needs to the extent funding is available.

Donations of any size are tax deductible and welcomed throughout the year. Contributions should be payable to River Park Friends and sent to River Park Friends, 389 O St. SW, Washington, D.C. 20024. Your donations will help ensure RPF's commitment to the community by helping to keep the founders' legacy alive.

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Local Government and Organizations

Southwest Parents Suggest Playground Plan

By Melody R. Webb

Friends of Southwest Playgrounds (FSP) proposed a plan to build a centrally-located playground in the Southwest Waterfront neighborhood, specifically at the city-owned vacant lot behind the new Safeway.

The group contends that there is no playground in Southwest accessible to young children during the day. Instead, the playgrounds that do exist are privately owned or inaccessible to non-students during school hours, including those before and after childcare programs.

Many Southwest parents say they frequently drive to Capitol Hill due to the dearth of playgrounds in that neighborhood, such as those in Garfield and Lincoln parks.

FSP specifically wants the city to grant use of the large open space across the street from the Southwest Branch library, at the northeast corner of the new development on Fourth Street. The group would like to see one portion of the land used for play space and the remainder used for other purposes, such as a community vegetable garden, for which there is a robust demand for in Southwest.

The group has begun working with an existing community garden program in the neighborhood to advocate for these dual objectives, and is also open to splitting the land for use as a dog run in addition to a vegetable garden. Fencing in the playground would satisfy safety concerns by separating the spaces as is done successfully at Marion ("Turtle") Park in Capitol Hill.

They are hoping to work with Councilmember Tommy Wells and Commissioner Andy Litsky to convince the mayor to allow the community access to the land now controlled under the auspices of the deputy mayor for economic development.

FSP plans to raise private funds to purchase



City owned site on Fourth Street eyed for local playground.

playground equipment for the space, work with construction company Kaboom! Inc., and involve a "friends of the park" group to perform maintenance and host community clean-up days.

Some parents believe that locating the playground adjacent to the new Safeway and coffee shop would help create a "town square" feel that will encourage business and augment a neighborly spirit.

Those involved urge neighbors and friends to support this effort by volunteering with FSP and contacting Councilmember Wells and the mayor.

Last month, we incorrectly listed the hours of Jeremiah's Circle of Friends. The actual hours of operation are Monday, 11 a.m. - 4 p.m. and Wednesday, 1 p.m. - 6 p.m.

The Southwester

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Contact The Southwester by e-mail at thesouthwester@yahoo.com for questions and to send materials and advertisements.

To contact the Southwest Neighborhood Assembly, Inc., please leave a message at 202-554-8560.

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ANC Monthly Meeting: As Seen From the Pew

By The Southwester Staff

Spring brought out cherry blossoms, much to our delight, and pollen, much to our chagrin. The ANC 6D April meeting echoed similar seasonal characteristics of Southwest and Capitol Riverfront.

A group of parents asked the ANC to work with Councilman Wells and D.C. Parks and Recreation to bring a playground a city-owned lot located on Fourth Street in Southwest, on the northeast portion of the Waterfront Station project (see article on Page 1). Camille Cook requested that some of the available land at the same site be designated for a community garden.

CSX Corporation, owners of CSX Railroad and the Virginia Avenue Rail Tunnel, presented their project for the upcoming enlargement of the tunnel. CSX railroad is one of three Class I railroads on the East Coast and operates approximately 22,000 route miles of track. ANC Commissioners were displeased that this presentation came a full six months after neighboring ANC 6B was given the same information. Surprised and annoyed residents and elected

officials were left with few details of the actual project, predictions of major disruptions, and promises of mitigation by the company. The \$151 million project seeks federal funds and could begin as early as 2011, projected to finish before 2014. The two-year project to refit the tunnel for double stacked trains with a 22-foot clearance must fit into this window. We can look forward to many further meetings on this issue, but the project is a matter of right for CSX, and no ANC approval or community validation or oversight is required.

Shaun Guevarra of American River Taxi attended the meeting to announce the start of scheduled service from the Gangplank Marina to Alexandria, Nationals Stadium and the Georgetown Waterfront in June of this year. An \$8 ticket includes shuttles to and from the Metro stations nearest to the docking stops.

The Randall Pool opens Saturday, May 29, and the Pool House will get a facelift before then.

The D.C. Department of Parks and

Continued on Page 8

Community Calendar

THURS. APRIL 29 10 a.m. Funeral for Dorothy I. Height, Washington National Cathedral.

SAT. MAY 1 9 a.m.-noon, Fitness in the Front. Participation is free. 9 -10 a.m.: Boot Camp and Kickboxing. 10 -11 a.m.: Pilates and Yoga. 11 a.m.-noon: Zumba Dance and Hoopnotica. Canal Park, M and Second streets, SE. Rain date: Sunday, May 2nd.

11 A.M.-3 P.M., Friends of the SW Library Book Sale, SW Library, 900 Wesley Place, SW.

SUN. MAY 2 11 a.m.-noon, Grounds for Discussion. Lauren C. Vaughan: My Sister's Place Free. Refreshments and facilitated Q&A. St. Augustine's Episcopal Church, 600 M St., SW.

TUES. MAY 4 7:05 p.m., Nationals Home Game: T-Shirt Tuesday. First 10,000 fans get a free T-Shirt.

WED. MAY 5 7:05 p.m., Nationals Home Game

7 P.M. Michael Mack, Director The JumpStart Media Project, and young SW participants will explain how they learned the fundamentals of filmmaking to produce a 30-minute drama, "Sweet Dreams," based on their life in Ward 6. Coffee and desserts served. Free, donations accepted for artist's honorarium. St. Augustine's Episcopal Church, 600 M St., SW

THURS. MAY 6 7:05 p.m., Nationals Home Game

FRI. MAY 7 7:05 p.m., Nationals Home Game: First 10,000 fans over 21 get a free cooler bag.

ST. AUGUSTINE'S FAMILY Game Night, 6:30 p.m. potluck, 7 p.m. Games. Bring a potluck dish to share. St. Augustine's Episcopal Church, 600 M St., SW.

SAT. MAY 8 1:05 p.m., Nationals Home Game: Scout Day

SUN. MAY 9 1:35 p.m., Nationals Home Game: Mothers' Day. First 20,000 fans get a free water bottle.

MON. MAY 10 7 p.m., ANC 6D Business Meeting, St. Augustine's Church, 600 M St., SW.

THURS. MAY 13 8-9 a.m., Council Member Tommy Wells Office Hours, Channel Inn, 650 Water St., SW.

SAT. MAY 15 9-11 a.m., The Christ United Methodist Church (CUMC) chapter of United Methodist Men serves men's breakfast for \$5. Community room off Wesley Place, SW.

SUN. MAY 16 10 a.m.-5 p.m., Community Yard Sale, H Street SW (at 6th Street)

WED. MAY 19 7:05 p.m., Nationals Home Game

NOON, AARP-Southwest Waterfront, Chapter 4751 meeting, D.C.'s Homeland Security and Emergency Management Agency to discuss Emergency Preparedness Guidelines for seniors. River Park Mutual Homes, Inc., community room, 1311 Delaware Ave., SW.

6:30 - 8 p.m. American Cancer Society's Breast Cancer Support Group, for those with breast cancer diagnosis, currently undergoing treatment, in remission, or caregivers. 1101 Fourth St, SW, Suite W110. RSVP required to 202-488-3746 or tjones15@verizon.net.

THURS. MAY 20 7:05 p.m., Nationals Home Game. First 15,000 fans get a camouflage hat.

FRI. MAY 21 7:05 p.m., Nationals Home Game

2 P.M. Call box dedication for Dorothy Height call box, 7th Street, SW, in front of Jefferson Middle School.

SAT. MAY 22 7:05 p.m., Nationals Home Game. Food drive. First 20,000 fans get a Nats cap.

10 A.M., CROP Hunger Walk, 2-1/2 mile walk will begin at Christ United Methodist Church at 4th and I streets, SW. Registration begins at 9:30 a.m.

SUN. MAY 23 7:05 p.m., Nationals Home Game. Food drive. First 10,000 fans 12 and under get a free T-Shirt.

MON. MAY 24 7 p.m., Southwest Neighborhood Assembly monthly meeting, St. Augustine's Church, 600 M Street, SW.

TUES. MAY 25 7:30 p.m., The Southwest Chamber Players: music of Johannes Brahms. Free, although donations appreciated. Performers will include Gail Collins, mezzo-soprano; Joan McFarland, soprano; John Turner, tenor; Donald Maclean, viola; Bernard Arons, clarinet, and David Ehrlich, piano. St. Augustine's Church, 600 M St., SW.

WEEKLY, BIWEEKLY

THE KIWANIS CLUB of Southwest Waterfront meets year-round at Christ United Methodist Church, 900 Fourth St. SW, every first and third Monday from 6:30 p.m. to 7:30 p.m.

TUESDAY AND THURSDAY EVENINGS: The South

Washington West of the River Fatherhood program will start their "Quenching the Father Thirst" sessions at St. Augustine Church, 600 M St. SW. The sessions provide a place for dads to talk, share and learn to improve relations with their wives and children. For more information call Alphonso Coles at 202-870-1885.

SOUTHWEST SEWING GROUP, Mondays, 9:30 a.m. - 2:30 p.m., St. Augustine's Episcopal Church, 600 M St. SW, contact Willie Mae Stukes, Sewing teacher, 301-445-1792. Open to all interested in working on their own sewing projects and updating their hand and/or machine sewing skills. Meets every Monday, except for July and August.

SOUTHWEST RENEWAL AA (Alcoholics Anonymous) group, Mondays, 8:30 p.m., St. Augustine's Episcopal Church, 600 M St. SW, 202-554-3222.

SW FREEWAY NA (Narcotics Anonymous) group, Wednesdays, 7 p.m. - 8 p.m., Westminster Presbyterian Church, 400 I St. SW, 202-484-7700.

AARP-SOUTHWEST WATERFRONT, CHAPTER 4751 meets the third Wednesday of each month, except for June, July and August. River Park Mutual Homes Inc., Community room, 1311 Delaware Ave. SW. Founded in 1958, AARP is a nonprofit, nonpartisan membership organization that helps people 50 and over improve the quality of their lives. For further information, contact Chapter President Elger Offutt, ee.offutt@comcast.net or 202-285-4677.

SATURDAYS, 12 NOON- 1 p.m. Hand dancing classes, (jitter bug, lindy hop). Classes by Markus Smith of Swing Anatomy Dance. \$10/class for adults, \$5/class for children ages 8-17. Christ United Methodist Community room off Wesley Place, SW.

WEDNESDAYS 7-9 P.M., Chess Club in the main room of the SW Library, 900 Wesley Place, every Weds, for all levels, even beginners

AS YOU PLAN your calendars for the remainder of 2010, please add the date of Saturday, September 11, 9 a.m. to 3 p.m., for St. Augustine's Episcopal Church's annual End of Summer Fair. Our theme this year is "Sail into Fall." We hope you'll join us to help raise funds to support our community programs for children, teens and seniors. Soon you'll receive information on sponsorships and opportunities to be vendors.

Please submit calendar items for April, 2010 events by e-mail to thesouthwester@yahoo.com by Monday, May 3, 2010.

At the Heart of Southwest: Dr. Height and the Arts highlighted at SWNA meeting

By The Southwester Staff

The memory of Dr. Dorothy I. Height was very much alive during last month's Southwest Neighborhood Assembly meeting on April 26. Speakers such as Dr. Faye Williams, a Southwester and chair and president emeritus of the National Council of Negro Women, took to the podium to honor the late pioneering human-rights advocate.

Williams recounted some of Height's life lessons, among which include the notion that to empower people, you must give them something to do. Williams also recalled Height's insistence that God would sort out who gets credit for what, and it is not for us to worry about. The funeral will be a true celebration, and Williams told meeting attendees that official events in the District would begin the next evening. The funeral will be held 10 a.m. on April 29 at the Washington National Cathedral. Barack Obama will be delivering the eulogy.

Southwester and regular *Southwester Newspaper* contributor Thelma Jones took the microphone next to laud Height and draw on memories of her local involvement. Jones reminded us that Height often said we all have potential for greatness if we do things with excellence.

Height's legacy of social justice and equality was made concrete in Southwest with the dedication of a call box on Seventh Street in her honor under the Art on Call program of Cultural Tourism, featuring a collage of photos from her life and work (see photo on Page 1).

Lida Churchville of the Assembly's History Taskforce gave details about redecorated call boxes in Southwest, highlighting the Dorothy Height call box and another on the same street honoring four women who worked in the civil-rights movement.

Perry and Sue Klein presented their continuous work for the two Seventh Street call boxes in projected photos. Once completed, the Height call box will have a replica of one of her signature

hats rising above the box on an old light pole. On May 21, the box will be dedicated with Jefferson Middle School students in attendance.

Another projected call box will honor long-time Southwester Justin Dart, advocate for the Americans with Disabilities Act.

A great pillar of the Arts in Southwest was presented by Desiree Urquhart, director of government and community relations of Arena Stage, and Brian Beirne, facilities director: an update on the brand new Arena Stage that stands high above the old buildings, promising to be a world-class theater in our community. The construction of the complex, The Mead Center, is on time to open for the next theater season this fall (which will be Arena's 60th), with staff moving in during the last days of July. The Grand Community Opening is scheduled for Saturday, Oct. 23 with a huge public event and tours of the buildings as well as show previews.

Elaine Graves, regular contributor to *The Southwester Newspaper*, was on hand to present

the Art & Spirit Coffeehouse's year in review and inform us of the wide variety of arts and artists which have been featured in the program. The Coffeehouse, a forum for exposure of local artists, is a monthly event hosted by St. Augustine's Church. The Coffeehouse highlights the lives and work of D.C. artists and how they express faith through art. Outreach and ministry to artists has always been a very important goal for the church community. St. Augustine's has hosted Arena Stage's youth program, Voices of Now, and has been the venue for the Southwest Chamber Players.

Michael Mack presented his JumpStart Project involving local youth in filmmaking. His pupils recently produced a film presented at the Amnesty International Human Rights Arts Festival at City Place. The movie will screen at St. Augustine's on May 5. JumpStart Media looks to teach life skills to at-risk area youth through filmmaking.

Southwest Youth Graduate from Computer Training Program

By Thelma Jones

Although Old Man Winter forced the Southwest Youth Activities Task Force (YATF) to reschedule its Computer-for-Kids Training Program graduation three times, there was a feeling of warmth at the recent ceremony finally held at the Syphax Village Community Center.

Guest speaker Lisa M. Matthews delivered an address entitled "Closing the Digital Divide—One Household at a Time." A former Southwester and longtime participant in YATF programs, Matthews is now a senior information technology consultant for CGI Federal, a software IT managing consulting firm in Fairfax, Va. She reminded the graduates about the importance of computer skills, making choices and realizing the consequences.

"I know you'd rather be doing something else, but you'll appreciate the time and effort you spent in attending computer classes," she said. "I was where you were once and you, too, can achieve your goals if you continue to study, work hard, and get good grades in school and in programs like this."

Other speakers gave inspiring opening and closing remarks, including Peter Atlee, Southwest Neighborhood Assembly (SWNA) vice president and program committee chair, and Saadia Athias, SWNA board Representative and YATF chairperson. Also, Shawnita Walker, 13, relative of one of the graduates, was plucked from the audience to read the poem "Don't Quit," and Laffette Copeland, Jr., 2008 Computer-for-Kids graduate, wowed the audience with his a cappella rendition of Whitney Houston's "Greatest Love of All."

Computer Instructors Gerald Brown and Craig Ferguson also offered words of encouragement, provided an overview of the computer training program, and presented certificates to the graduates, including Ronye Bellamy, Alayah Brown, Makhi Lawson, Malik Lawson and Terrance Walker, who had perfect attendance. Since its inception in October 2007, 35 youths with average ages of 10-12 have completed the training in the program and received refurbished computers.

Photography instructor Dasan Bobo made a special presentation to Danielle Townes, the only student who had completed both the computer

training and photography class in 2008 and 2009, respectively, with perfect attendance. Illustrating an overview of the photography class, Bobo explained how Townes was a model student. Unable to attend the graduation because of a community service commitment, Townes was awarded a digital camera to replace the one she had won earlier for meeting the photography graduation requirements (good attendance, behavior and participation).

Unfortunately, Townes' original camera was destroyed in a fire that devastated their Southwest apartment last fall. Photos taken by Townes and other photography students were prominently displayed during the graduation ceremony.

Special thanks to YATF Member Cheryl Hansberry Moore, King-Greenleaf Recreation Center director Henry T. Moton IV, Perry Klein, chair, SWNA Technology Task Force, River Park Friends, and the staff of Washington Cable for their continued support and efforts in ensuring the program's longevity and success. Also, special thanks to Lisa Matthews who presented each graduate with a lovely handmade graduation card and bookmark, courtesy of her company NCM Designs.

The graduation concluded with the same warm atmosphere that ushered it in. Emcee Tantania Brown, 2007 inaugural graduate, thanked YATF for allowing her to serve in that capacity again, proudly saying, "With just a bit more practice, I will return in a few years as the guest speaker." The remark prompted a smile from many in the audience and a feeling that more residents should have witnessed her statement.

As a parent of one of the graduates said during the reception, "This was so nice and I enjoyed it. I know you sent out a lot of notices and emails for people to attend. It's a shame that more people don't show up."

Having graduates from programs of yester-years returning, giving back and drumming up support are some of the ways YATF measures its success and overall investment in neighborhood youth. Conceivably, as the community becomes more aware of YATF's overall efforts and accomplishments which are performed with all volunteers and limited resources, a more balanced view of Southwest youth will prevail. To volunteer with YATF, please contact Chairperson Saadia Athias as saadenterprise@msn.com or call (202) 554-5863.

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Sliced prime rib of beef with herb infused jus
Chipotle barbecue pork ribs
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Fettuccini Alfredo with tuna and swordfish tips
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Buttered sweet corn kernels
Stir-fried vegetables with shrimp & lo mein noodles
Garlic mashed potatoes
Rice and vegetable pilaf
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Real Estate and Development

Reality Check: Universal Legal Coverage

By Essita Duncan

If you hang around Planet Earth long enough, you or somebody you know will eventually need the assistance of a competent attorney. With or without the advice of counsel, real people make real-life decisions everyday across this great country inside and outside of the courtroom.

Too often, the average Joe is making life altering decisions solo based on his limited understanding of the laws applicable to his case. Depending on his predicament, he may not qualify for counsel because he makes too much *moolah* for a pro bono counsel, but not enough to hire a market-rate attorney. Moreover, pro bono help may not be available in the area of law pertinent to his dilemma. So despite the potential consequences, he must go at it alone.

The ability to acquire competent legal counsel shouldn't be a luxury item limited to those of substantial means. Access to counsel is as essential as a person's ability to acquire quality

health care. Most of us, even if we keep our noses clean, sooner or later will encounter an issue where the chance to open the phone book and call an attorney is essential in helping us understanding our rights and navigating our complex legal system.

Now that we have achieved universal health care for all, maybe we should take a hard look at our legal system. A person's ability to defend, protect and advance his or her rights shouldn't be based on income or lack thereof. Quality, competent and affordable legal representation should be available for all persons who seek coverage. Only then will we move closer to a society where the rights of those of limited means aren't trampled over and ignored because of their inability to pay.

This does not constitute legal advice and does not establish an attorney-client relationship. Essita Duncan is an attorney in private practice who can be contacted at eduncan@duncandefense.com.



Washington Titanic Memorial

Photo by Perry Klein

The dark Potomac provided a backdrop reminiscent of the North Atlantic in 1912, where the RMS Titanic took the lives of many brave

men whom the Washington Titanic Memorial immortalizes on the Southwest Waterfront. The Men's Titanic Society of D.C. held their annual toast to these heroes at midnight on April 16.

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Real Estate Notes

By Will Rich

■ An announcement confirmed property for additional retailers at Waterfront Station. Subway signed a lease to occupy space at 1101 Fourth St. SW and negotiations are underway to bring a Z-Burger and dry-cleaners to the ground floor of the same building. The restaurants should open by the middle of this summer. In the meantime, a food cart at the corner of Fourth & M streets SW serves office workers during the day.

■ A design concept has been chosen for Eisenhower Square, the memorial planned for President Dwight Eisenhower across from the National Air and Space Museum. The memorial, designed by Frank Gehry, will be four acres in size and contain a grove of large oaks, limestone columns and a woven metal tapestry to hide the nearby Department of Education building.

■ Booz | Allen | Hamilton signed a 30,000-square foot lease at the top floor of 20 M St. SE. The building is now 70 percent leased.

■ Safeway shut its doors for the last time at its 401 M St. SW location on April 6. The new 55,000-square foot "urban lifestyle" Safeway opened for a preview party selling discounted items on April 15 and began its first full day of operation on the 16.

■ All the townhouses at Phase I of Capitol Quarter have been sold. The EYA-built residences are a part of the Capper Carrollsburg Hope VI redevelopment. Sales of Phase II should begin soon.

■ A new water taxi service will start operating around the city in June, with the main hub located at the Gangplank Marina on the Southwest Waterfront. **American River Taxi** will have stops at Diamond Teague Park, Georgetown, Alexandria and National Harbor. Future stops will include National Airport and Poplar Point.

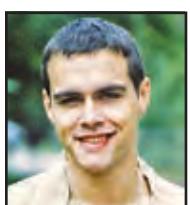
■ **Northrop Grumman** is no longer considering Southwest as a potential new home for its headquarters. If the aerospace company had chosen our neighborhood, they most likely would have moved to the planned office building at Fourth & E streets SW, with a new Engine 13 firehouse on the ground floor. Jurisdictions still in the running include Arlington, Fairfax and Montgomery Counties. A final decision should be made later in April.

■ **Justin's Café** received its liquor license and is scheduled to open on April 16. The café is located at the ground floor of Velocity Condos on First Street SE between L & K streets. Menu items include sandwiches, soups, salads, pizzas and a full bar.

■ A FRESHFARM Market will make its way to the Department of Health and Human Services headquarters at 200 Independence Ave. on Wednesday afternoons starting June 2. The HHS FRESHFARM Market will operate on Wednesdays from 2:30 p.m. – 6:30 p.m. and run until October 27.

News from Southwest was adapted from the Southwest...The Little Quadrant That Could blog (www.southwestquadrant.blogspot.com) and Near Southeast news was adapted from the JD Land blog (www.jdland.com/dc).

Health, Fitness and Nutrition

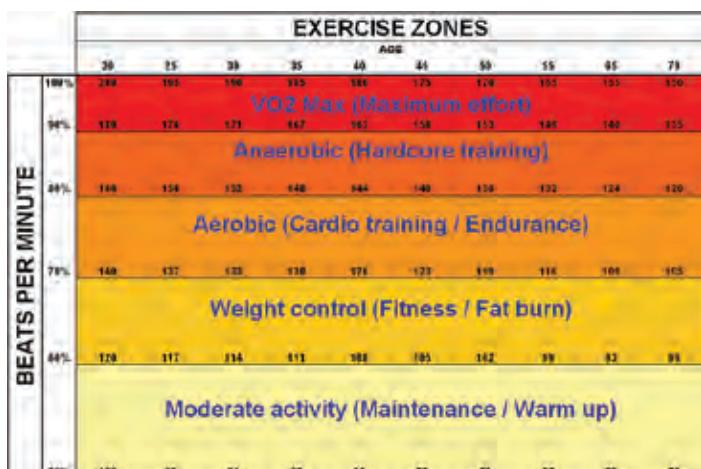


Forcing Fat Off the Body: Cardio or Endurance?

By Derrick Inglut

Friends and clients alike often ask me what burns fat better — cardio (aerobic) training or endurance (anaerobic) training? First, let me explain the difference between the two: cardio is any exercise that you can keep up for two minutes or more. It should not leave you out of breath, but only slightly fatigued. Endurance training is the extreme form of cardio, bordering on anaerobic training — any exercise that gets you out of breath or worked to fatigue in less than two minutes.

A sliding scale judges these two types of training, but rarely is an exercise completely endurance or completely cardio (see the chart below). Endurance training basically depends on how long you can go before you need to stop.



For example, a marathon runner would perform almost completely in the cardio zone, whereas a sprinter would perform almost completely in the anaerobic/Endurance zone. Think of Lance Armstrong versus this year's Olympic sprinting champion Usain Bolt. Who is truly the endurance athlete? If you guessed Usain, you're right. Usain prefers to train in extremely intense short intervals to fatigue. Lance, although performing nonstop, largely exercises in the cardio zone. Interestingly enough, some recent studies have given us an idea of why Usain is more ripped than Lance.

Recent studies suggest that high-intensity training actually forces fat off the body.

Researchers in Australia discovered that women who sprinted for eight seconds followed by 12 seconds of recovery for just 20 minutes a day, three days a week, lost on average 5.5 pounds without even dieting. Weight loss with no diet? I'm okay with that!

In contrast, the other group of women who exercised in the cardio zone (stationary bike) at a moderate intensity for 40 minutes for 3 days a week actually gained a pound of fat in the same 15-week period. Did you notice something here? They exercised twice as long and still gained weight. Additionally, Canadian researchers have also pointed out that two weeks of interval (endurance-based) training boosted the body's ability to burn fat by 36 percent.

The point here is if you can read a magazine while doing cardio, you're hardly going to reach the levels of intensity needed for speedy fat loss. Let's face it: the human body is lazy. It will put in the minimum amount of exercise required to get the job done, and that's it. If the body can find a way to make an exercise easier on its tissues and aerobic system, it will. With proper training, it will become more efficient with oxygen, increase muscle tissue, lose fat, or all of the above.

For example, sprinting places the body under an enormous amount of strain to get from point A to point B in minimal time. For this exercise, the quickest and likely the easiest way out for the body is to lose the sandbags of fat that do nothing but slow it down. For long distance runners, this effect works to the opposite. In an effort to fuel the body over extra long distances, the body creates larger than normal fat reserves to sustain its life processes through marathons, 10 k's and other long distance bouts. You read that correctly — long-distance runs work against you when it comes to removing the most stubborn layers of fat. While runners may be thin, they're usually far from shredded due to the extra fat reserves needed to sustain metabolism over long durations. Sprinters, on the other hand are usually ripped beyond belief, as a result of forcing fat off their bodies.

I can personally attest to the fact that running is not the solution for removing the most stubborn layers of fat. It is all too often I sign up a new client who runs four or five days a week, lifts weights, eats well and somehow still gains weight. Someone who puts in that kind of work should be reaping its rewards, but that's not

always the case — a frustrating scenario indeed. Fortunately, a proper endurance program almost always does the trick and in a matter of weeks, makes the fat disappear. Viola! (These results have been posted to derrickinglut.com)

My advice to you — check with your doctor to see what kind of endurance program he or she thinks you're ready for. Be sure to warm up first and keep your runs short and intense. Strategize. Diversify. Exult.

Derrick Inglut is a personal trainer who writes on fitness and nutrition. His website is derrickinglut.com.



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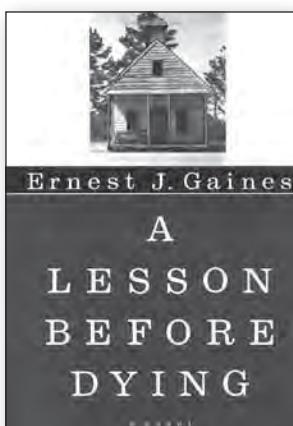


Library to Host Book Discussion on *Lesson Before Dying*

By Dale McGiver

Adults and youths 13 and up convened at the Southwest Branch Library at 1 p.m. on Saturday, April 24, in Room 110 to discuss Ernest J. Gaines' book *A Lesson Before Dying*, a novel about a well-meaning local school teacher counseling an innocent man on death row in Louisiana in the 1940s. Both characters are black men swept up in the turbulent racial era.

The event was part of The



Big Read program of the National Endowment of the Arts for neighborhood discussions all over the United States.

Two days later, at 6:30 p.m., the Southwest Library showed the Emmy-Award-winning HBO television drama of the same name, based on the book and starring Cicely Tyson and Don Cheadle (*Hotel Rwanda*).

The movie is rated PG-13. The Southwest Library is on K St. SW between Third and Fourth streets, 202-724-4752.

Good Nutrition Will Give Students an Advantage

Kudos to Mandarin Oriental Washington D.C. for making possible healthy snacks for the four days of DC CAS testing that begins April 19. All students in the first through fifth grades will receive an individually-wrapped snack chosen for nutrition during the break in their testing sessions. Amidon-Bowen has emphasized healthy eating this year, following the lead of First Lady Michelle Obama.



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Maps and More: Federal Technology Organization Partners with Jefferson Middle School

By Janet Lam, Arkeem Taylor and Geneva Wynn (Jefferson Middle School students)

What class do you take ninth period? At Jefferson Middle School we take GIS. You may not know what GIS and OCTO are, so we'll tell you. GIS stands for Geographic Information System and OCTO means Office of the Chief of Technology Operations. The groups in GIS support a variety of different mapping needs, controlling internet, wiring, telephones and websites. Many places, cities, states and streets rely on OCTO for maps. GIS has 20 people and OCTO has 16 people working at Jefferson. They're a federally funded government program that teaches technology classes in Jefferson's Classroom of the Future. GIS is located in Jefferson Middle School because the mayor chose our school due to the fact that he felt we were strongly math and science-based.

GIS analyst Eva Stern teaches a technology course with Jefferson counselor Ms. Nedra Jones. Ms. Stern is responsible

for preparing trainees at GIS so she's good at explaining things to young students in a classroom setting. In our classes, she teaches mapping and explains how GIS software is used such as ESRI_Ark which creates data for schools. Thanks to Ms. Stern, we have learned how to map various different things and most interesting was finding out where diseases are most likely to occur. Ms. Stern enjoys teaching Jefferson students and feels it's important and a fun aspect of her job.

Ms. Jones incorporates our use of fundamental math and English language arts skills in this technology course. In addition, she encourages us to learn life skills to help us succeed in the future which is fitting as our world is relying increasingly more on technology.

"I think it shows a lot about Ms. Jones' character that she offers to teach a course that is outside her job description," says Monae King.

So stop by GIS next to the classroom of the future if you want to find out more about GIS and OCTO.

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D.C. Sail Sends Boats out for 2010 Season

By Blair Overman & Nancy Simonson

DC Sail, a nonprofit community sailing program located at Gangplank Marina, was joined by over 15 volunteers to help put the program's 20 Flying Scot sailboats in the water for the season.

With the Capitol Yacht Club, the volunteers lifted the 20 boats from the parking lot directly to the water via boat straps and a giant winch. Several of the volunteers took turns winding the winch to gently ease the boats into the water. They then towed the boats back over to Gangplank Marina where a team of volunteers was standing by to raise the masts and rig each boat.

Volunteers noted only one minor mishap when a boat became unleashed as it was towed. Fortunately there was a volunteer on board with an oar to row back to the towing boat to be re-secured.

DC Sail also recently launched its new website, www.dcsail.org. With the help of an active



Flying Scots getting ready to sail.

up fast. The organization said they are excited to see how many kids have enrolled and look forward to completing class enrollments soon. Visit www.dcsail.org to make sure you have all the information you need to enroll your child for an educational and exciting sailing adventure.

Additional events planned for May include an annual open house at Cantina Marina May 6 from 5 p.m. – 8 p.m. where attendees can find information on how to participate and take tours of the boats; the first biweekly membership cruise aboard DC Sail's 65-foot schooner on May 21 from 5 p.m. – 8 p.m.; and Boating & Baseball social sails on Wednesday evenings.

All of these fantastic opportunities go towards helping our community youth learn new skills that build confidence,

teamwork and a sense of community. Make a donation, become a member, become a sponsor, do a charter on the American Spirit, or volunteer. Come and be a part of helping your community youth while having fun at the same time.

For more information visit www.dcsail.org, the organization's headquarters at Gangplank Marina, 600 Water St. SW, or email Sailing Director Blair Overman at boverman@nmhf.org.



Charter aboard the American Spirit, a 65' schooner.

volunteer group, the organization has been able to successfully redesign the site where one will find up-to-date information on how to participate in all of our activities for adults and kids alike. Regular updates on new events stress that sailors and volunteers of all levels are welcome to participate.

Last weekend, Blair Overman, DC Sail Waterfront director, conducted instructor train-

History of Jazz at Hogate's

On March 31, Maryland artist Earl R. Jones presented the first two portraits of jazz luminaries commissioned by Hogate's on the Waterfront. These exclusive paintings will help define the space at Hogate's Restaurant and Lounge. One of the unique works, portraying trumpeting legend Dizzy Gillespie, is pictured at right.



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Neighborhood Religious Services

Galilee A.M.E. Church

Worshipping at St. Augustine's Episcopal Church, 600 M St. SW (202) 258-6812
Rev. S. Isaiah Harvin sisaiyahharvin@yahoo.com
Sunday: 2 p.m.
Wednesday: Bible Study 7:30 p.m.

Bethel Pentecostal Tabernacle of the Assemblies of God

60 I St. SW (202) 484-3184
Pastor Robert Carter tizdtw@yahoo.com
Sunday: 10:45 a.m.; Friday: Prayer and Bible Study: 8 p.m.

Carron Baptist Church

1354 First St., SW (202) 484-3172
Pastor Lester W. Allen
Sunday: 11 a.m.
Tuesday: Noon Day Prayer, 7:30 p.m.
Bible Study

Friendship Baptist Church

900 Delaware Ave. SW (202) 488-7417
Rev. Dr. J. Michael Little, Pastor Rachel McNeal, Admin. Asst. crachel522@aol.com
Sunday: 9:30 A.M., Sunday School; 11 a.m. Morning Worship
Tuesday: 7 p.m. Prayer Service and Bible Study

Riverside Baptist Church

Seventh St. and Maine Avenue SW (202) 554-4330
Pastor Michael Bledsoe, pstrbled@comcast.net
Sunday: 10 a.m. with Bible Study at 9 a.m.

St. Matthew's Baptist Church

1105 New Jersey Ave. SE (202) 488-7298
Rev. Dr. Maxwell M. Washington, Pastor Gwendolyn Coleman, Office Asst. praisethelord1820@yahoo.com
Sunday: 8 a.m. Sunday School; 9:05 a.m. Worship Service
Tuesday: 7 p.m. Prayer Meeting & Bible Study

Second Baptist Church Southwest

1200 Canal Street SW (202) 484-3112
Reverend James Jones
Reverend Carl V. Messiah sbcsaw@aol.com
Sunday: 8 a.m. and 10:45 a.m.
Wednesday: Prayer Meeting 7 p.m.
3rd Sundays: 10:45 a.m. only, Unity Sunday

Second Union Baptist Church

1107 Delaware Ave. SW (202) 484-7012

Rev. William Harrison, Pastor secondunionbaptist@yahoo.com

Sunday: 9:30 a.m. Sunday School, 10:45 a.m. Worship
Wednesday: Noon Day Prayer, 3:30 p.m. Senior Bible Study (Greenleaf), 7:30 p.m. Prayer & Bible Study

St. Dominic Catholic Parish

603 E St. SW (202) 554-7863
Father Gregory Salomone, O.P., fathergreg@speakeeasy.net
Denise Marshall, Parish Receptionist & Admin. Asst., receptionist@st-dominic-church.org
Saturday: 5:15 p.m. (Vigil of Sunday)
Sunday: 8 a.m., 10:45 a.m., 12:15 p.m. (Spanish), and 5:15 p.m.
Weekdays: 8 a.m. and 12:10 p.m. in the Church (There are no Masses on federal holidays)
Reconciliation: Monday – Friday 11:55 a.m. - 12:10 p.m.
Saturday 4:30 p.m. – 5 p.m.

St. Vincent de Paul Catholic Church

14 M St. SE (202) 488-1354
Fr. Richard Gaucanyco
Sunday: 8 a.m.
Mon., Tues., Thur., Fri.: 12:10 p.m.

St. Augustine's Episcopal Church

600 M St. SW (202) 554-3222
Rev. Martha Clark marthakclark@yahoo.com
Sunday: 9:30 a.m.
Tuesday: 6:30 p.m. Evening Prayer

St. Matthew's Lutheran Church

Worshiping at First Trinity Lutheran Church, 501 Fourth St. NW at Judiciary Square (410) 375-5053 (cell)
Pastor Phillip Huber pchuber@hughes.net
Sunday: 10:30 a.m.
Wednesday: 6:45 p.m. Sing & Rejoice
Thursday: 6 p.m.: Bread and Soup, 6:45 p.m. Evening Prayer

Christ United Methodist Church

900 Fourth St. SW (202) 554-9117
Rev. Adrienne Terry ChristUMCDC@yahoo.com
Sunday: 10 a.m.
Thursday: 12 noon & 6:30 p.m., Bible Study

Westminster Presbyterian Church

400 I St. SW (202) 484-7700
Co-Pastors: Rev. Ruth Hamilton and Brian Hamilton
Sunny Simmons, Project Admin. sunny@westminsterdc.org
Sunday: 11 a.m.



SWWR Installation Service

By Lenwood Coleman

South Washington West of the River Family Strengthening Collaborative (SWWR) held its installation for the board of directors on April 22, at 6 p.m. at Saint Augustine's Episcopal Church, 600 M St. SW.

Councilmember Kwame Brown performed the swearing-in ceremony. The Collaborative

invited the community and along with some special guests to come out and support SWWR board members as they took on the awesome responsibility of helping families stay together. For additional information about SWWR, stop by their office at 1501 Half St. SW.

SWWR is grateful to the community for the support given over the years and for all the assistance that will be given in the future.



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ANC

From p. 2

Recreation plans to have a swim team at Randall and will provide instruction and senior programs based on request. Also, King-Greenleaf Rec Center is applying for a grant from the Nationals Baseball Team to fund an irrigation system for their playing fields.

The ANC voted to make permanent the temporary stop signs on Sixth and K streets. The signs were installed just after construction began on the nearby Arena Stage and resulted in the loss of part of the sidewalk on Sixth Street. Added traffic that has resulted from entrance of loading vehicles for 1101 Fourth St. has also made the stop more of a necessity.

The ANC thanked the Safeway Taskforce for all of their hard work and marvelous accomplishments in improving the old store. The taskforce will disband now that the new Safeway has opened. There will be further discussions about the possible creation of a new group to work on all of the retail in ANC 6D.

The Commission voted to support a request for a stipulated alcohol license by D.C. Harbor Cruises, a new cruise line operating from the Diamond Teague Park located next to the Nationals Stadium.

Record Crowds Attend Waterfront Cherry Blossom Festival

Photos By Shawn McMullen

The 2010 Cherry Blossom festival brought record crowds to the Southwest Waterfront to partake in one of the annual springtime celebration's most popular events on April 3.

Festival-goers listened to music, participated in family activities, and enjoyed a variety of food in the parking lots and grassy areas surrounding Water Street all while awaiting the evening's premier fireworks show. Swarms of people descended on the festival from both the Tidal Basin and the Waterfront-SEU Metro stop.

Music stages were set up at between the Chanel Inn and Gangplank Marina, and bands played to a large crowd gathered in folding chairs around the stages. Kim and Steve Poff, who traveled from Gainesville, Va. for the festival, hadn't seen the blossoms yet but were in attendance to watch the fireworks.

"It's crowded," Kim Poff said. "But that's to be expected."



The Poffs and other families lined their blankets along the small strip of grass between Water Street SW and Maine Avenue SW. When Kim Poff and her family arrived at 6:30 p.m., she said,

the crowds were already very large and made it difficult to get close to the water.

While some picnicked and waited for the fireworks, other attendees frequented booths where they had their faces painted, folded origami, and wrote and sent 2010 Cherry Blossom postcards to U.S. troops overseas. Officer Snook, the fish mascot for the Water Pollution Program of the U.S. Coast Guard Sea Partners Campaign, was on hand to take photos with children and inform listeners about water pollution.

Food included barbequed options provided by the United Service Organizations (USO), a popcorn stand and Rancher's Reserve steaks provided by Safeway.

Local businesses were also on hand. Hogate's Restaurant and Café sold coffee and other beverages. The Southwest Neighborhood Assembly, Inc. presented facts about the neighborhood, and American River Taxi discussed its future service from the Southwest Waterfront.

At 7:30 p.m. the line to enter Cantina Marina, located at the far end of the festival, extended into the Water Street parking lot. Local residents Jenna Hartman and Laura Herman stood at the



end of the line and vowed to commit 30-45 minutes of waiting. Hartman and Herman live in Northwest and were two of the many attendees who had never been to the Southwest Waterfront before.

The evening concluded with an exciting display of fireworks, with ideal weather allowing for a clear view. The show began at 8:30 p.m. and lasted for more than 15 minutes, concluding with a colorful and loud finale followed by cheers and applause.



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Diamond Teague's Legacy

Many say that had he not passed away seven years ago, Diamond Teague would have gone on to do great things. But, in fact, he does – his legacy continues to reward our community in notable ways. On April 27, Teague's family joined Mayor Adrian Fenty for the ribbon cutting of Diamond Teague Park, an innovative new river docking and boardwalk area in the shadows of Nationals Park. The novel space came into being from the efforts by the Earth Conservation Corp to reclaim a trash heap by the Anacostia River and provide 250 feet of commercial pier and 200 feet of non-motorized pier for recreational use. Costal River Properties will manage the park and American River Taxis will



regularly dock here beginning in June. From this water taxi stop baseball fans will be able to walk to Nationals Park.

A fully-restored historic pump house will be used as a staging area for the Earth Conservation Corp, an organization to which Teague belonged. Other interesting features, designed by Landscape Architecture Bureau, include floating eco-islands and indirect outdoor lighting. Eventually a floating boardwalk will connect the Diamond Teague Park to The Yards Park.



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Organization Seeks Future Homebuyers

By Ken LaCruise

The Community Benefits Coordinating Council (CBCC) is seeking residents living in the Near Southeast/Southwest area interested in preparing themselves to become first-time homeowners.

If enough residents express intrigue, CBCC would like to establish a Southwest chapter of a Homebuyer's Club – a peer support group and a homeownership counseling program. The club encourages members to save toward the down payment on a home and gives them the tools and knowledge required to become a homeowner. The Chapter will meet once a month over the course of a year for a 90-minute weekday evening session. Individual credit counseling and guidance will also be available. Childcare and a light meal will be provided at no cost to the participant.

The Homebuyer's Club will be managed by Manna, a nonprofit housing developer that has been creating quality affordable housing for lower-income families for over 25 years. Manna has extensive experience in preparing residents to become first time homebuyers — including

assisting residents with cleaning up credit issues, an important step in qualifying for a mortgage. See www.mannadc.org

To establish a Southwest Homebuyers Club, CBCC needs to identify 20-35 qualified residents who would participate in such an organization. Qualified residents must earn sufficient income in order to qualify for a mortgage in the District of Columbia. Given the current housing prices, residents must be earning approximately 50 percent of the Area Median Income in order to qualify for a loan. In other words, a single-person household needs to earn about \$36,000, a family of two needs to earn about \$41,000 and a family of four needs to earn about \$51,000.

If you are interested in participating in a Southwest Homebuyer's Club sponsored by the CBCC, please contact Ken LaCruise, board member, CBCC at 202-554-7011, Juanita Jones, board member, CBCC at 202-664-9094, or CommunityBenefits@yahoo.com. If enough people are interested CBCC will hold an orientation session to provide more details about the Homebuyer's Club.

My Sister's Place to Highlight "The Reality of Domestic Violence"

By Elaine Graves

Laura C. Vaughan, acting executive director and chair of the board of directors for My Sister's Place (MSP), will discuss the need for safe sanctuary and the expansion of Washington, D.C.'s oldest and only confidential domestic violence shelter for women and children. She will be the featured speaker at a Sunday, May 2 Grounds for Discussion program hosted by St. Augustine's Episcopal Church, 600 M St. SW, beginning at 11 a.m. with light refreshments and concluding with an audience Q&A.

Vaughan's interest and involvement in her community began when she was a Girl Scout working to add a community service badge to her uniform. As a community leader today, she passionately uses the depth and breadth of her experience to affect positive change in the lives of those less fortunate. She has also served on the board of directors of the D.C. Rape Crisis Center, the D.C. Chamber of Commerce and the Washington Performing Arts Society.

Prior to joining MSP full time, Vaughan was CEO of a government relations consulting firm and co-founded a construction management company in 2001. She successfully led and managed the growth of both companies in business areas like strategic advisory services, project management and real estate development.

Originally from Philadelphia, she moved to the Washington Metropolitan area to attend graduate school at The George Washington University, where she earned a Master of Science in engineering and technology management.

Grounds for Discussion is a community speaker forum offered on the last Sunday of each month from 11 a.m. to noon. It focuses on local, national and global issues that challenge us both as citizens and people of faith, according to the Rev. Martha Clark, priest-in-charge at St. Augustine's. Guest speakers include writers, educators and civic and church leaders.



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Home Team Honors Community before Big Win

By Matthew Bevilacqua

A number of prominent Southwesters received official thanks and accolades at the April 23 Nationals home game against the Los Angeles Dodgers. Pregame flare focused on the collaborative relationship between the baseball franchise and our community, highlighting shared programs for area youth and projects for local development.

As the starting players warmed up, fans arriving early heard about the Nationals Neighborhood Relations Committee, an institution serving as a liaison between the team and Southwest/Capitol Riverfront, bringing neighborhood needs to the attention of the franchise's management. As a token of goodwill, Nationals executive president Bob Wolf presented an honorary signed bat to notable neighbors Ron McBee, David Sobelsohn, Juanita Jones, Rick Bardach, Carolyn Mitchell, Rhonda Hamilton and *The Southwester's* own Meg Brinkman, rewarding their continued leadership in our area.

Hamilton, representing the reputed Cavalier Athletic Club, threw the ceremonial first pitch. Her organization has a legacy in Southwest for tirelessly coordinating sporting programs for



residents throughout the community (some feel that the King Greenleaf Recreation center should be named after former Cavalier president Leon Fields).

The stadium din quieted when soldiers from the 3rd U.S. Regiment Continental Color Guard, stationed at Joint Base Myer-Henderson Hall, marched out onto the field. Southwest native Jasmine Nunez, now a freshman in vocal studies at Oberlin Conservatory in Ohio, then sang a resounding, operatic rendition of the Star Spangled Banner. Fireworks shot up from behind home plate near the anthem's end – a taste of the illustrious show that would wow the

Tabira Mesa, age 9, a 4th Grader at Amidon-Bowen holds a foul ball that landed in her seat.

crowd later.

Anticipation for the game heightened when Danielle Townes, a ninth grader at the Paul Charter School, gave the lineup delivery as the beloved Nationals took the field. Zed Feder, local youth softball coach, kicked things off with a sonorous "Washington, D.C. – play ball!"

The Nationals would go on to win 5-1, moving up a slot in their division and giving reason for celebration as fireworks lit up the night after the final inning ended. See how a neighborly spirit can bring about great satisfaction?



Southwest youth with ANC 6D Chair Ron McBee and Rev. Ruth Hamilton.

Student Wins Class Visit to White House

By Margaret Brinckman

A'mee Barnes, with the encouragement of Amidon-Bowen art teacher Ayanne Peake, entered a poster contest for this year's Easter Egg Roll.

The theme this year – dubbed "Ready, Set, Go" – emphasized health and fitness and was open to all schools serving children 12 years old and under. A'mee's poster portrays a number of active characters engaged in exercising.

Even though her poster was not the citywide winner, the White House invited her and her fifth-grade class, taught Ms Haliburton, to visit for a tour on May 21. Fellow students are understandably excited and thanked A'mee for participating and allowing them this opportunity. This visit will be a first for many.



A'mee Barnes displays her winning artwork.

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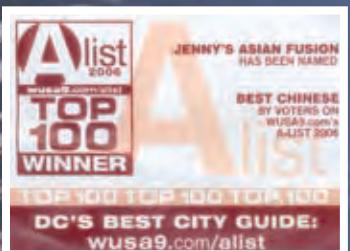
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